

ORAL HEALTH

Good
for Life™



CANADIAN
DENTAL
ASSOCIATION

A healthy mouth is an important part of a healthy lifestyle.

Keep your smile healthy for a lifetime by following these **5 steps** to good oral health:



1

Brush your teeth twice a day using fluoride toothpaste and floss every day.



2

Check your mouth regularly for signs of gum disease and oral cancer.



3

Eat a well-balanced diet.



4

Visit your dentist regularly.



5

Limit alcohol, and avoid smoking, smokeless tobacco and vaping.



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